



## PICK A BETTER SNACK (PABS) PROGRAM

ELEMENTARY SCHOOL:

KINDERGARTEN, 1ST, 2ND AND 3RD GRADE CLASSROOMS

**Description:** The PABS program consists of six to eight lessons (taught once per month) that focus on helping children eat more fruits and vegetables. Each lesson includes two key elements: a nutrition education lesson and a food tasting of fruits or vegetables.

**Goal:** To introduce students to a wide variety of fruits and vegetables and show how fruit and vegetable consumption is important for overall health.

### BENEFITS:

- Nutrition lessons are taught by a trained nutrition professional.
- Food tastings are provided for all students in the classroom.
- Activity cards, fact sheets and other materials are provided for families to practice learning and healthy eating at home.
- An electronic monthly newsletter can be shared with families.

### Topics:

- Increasing intake of a variety of fruits & vegetables
- Choosing fruits and vegetables as healthy snacks

For more information:  
visit [www.mainesnap-ed.org](http://www.mainesnap-ed.org)  
or call 221-4560

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